

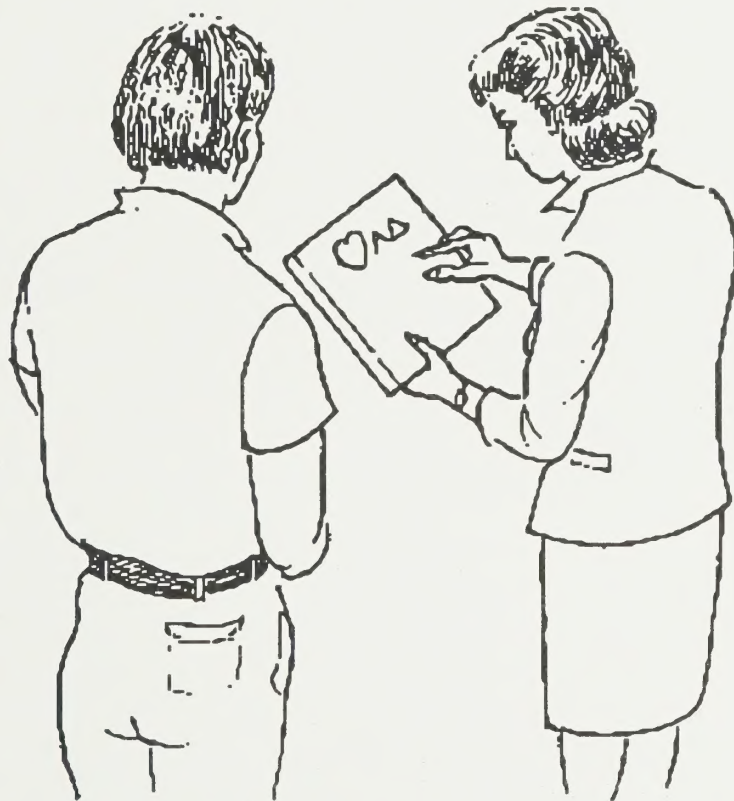
5

Being Sexual: An Illustrated Series On Sexuality and Relationships

MALE MASTURBATION

↘ E↘♥↑

By David Hingsburger and Susan Ludwig



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

Blissymbols used herein are derived from symbols described in Semantography, original copyright © C.K. Bliss 1949. © Blissymbolics Communication International, 250 Ferrand Drive, Suite 200, Don Mills, Ontario, Canada M3C 3P2. Exclusive licensee 1982.

The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

The first printing of Being Sexual was made possible by funding from:

Blissymbolics Communication International,
Sir Joseph Flavelle Foundation,
Learnxs Foundation,
George Lunan Foundation,
Claudia Wood, and
Health Services and Promotion Branch, Health and Welfare Canada,
through the AIDS Information and Education Contribution Program.

Published by SIECCAN, the Sex Information and Education Council of Canada, 850 Coxwell Avenue, East York, Ontario, Canada M4C 5R1 (416-466-5304; 416-778-0785 FAX). © SIECCAN 1993

Canadian Cataloguing in Publication Data

Main entry under title:

Being Sexual: an illustrated series on sexuality and relationships

Translated into Blissymbols by Claudia Wood, Ruth Harrington and Ginny Storr.

Partial contents: v. 5. Male masturbation.

ISBN 1-895866-00-6 (set)

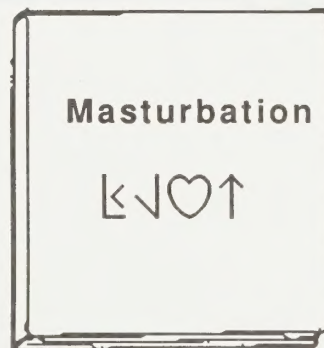
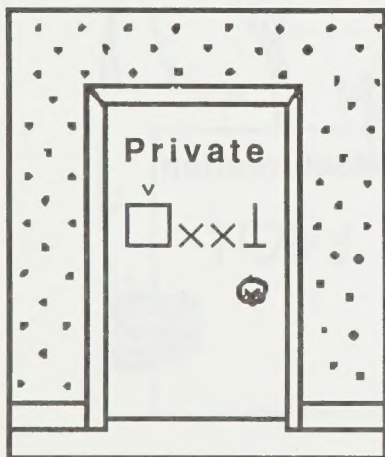
ISBN 1-895866-05-7 (v. 5)

1. Sex I. Wood, Claudia, 1947- . II. Sieccan

HQ21.B44 1993 306.7 C93-093380-X

1

↳ √ ♥ ↑

$$\tilde{x} \quad \lambda \quad \hat{L} \vee \heartsuit \uparrow. \quad \dots \quad \hat{\Phi} \quad \underline{\hat{\Phi}} \quad \vee \quad \hat{L} \vee \heartsuit \uparrow.$$


Fact



(mind + real)

Opinion



(mind + mouth)

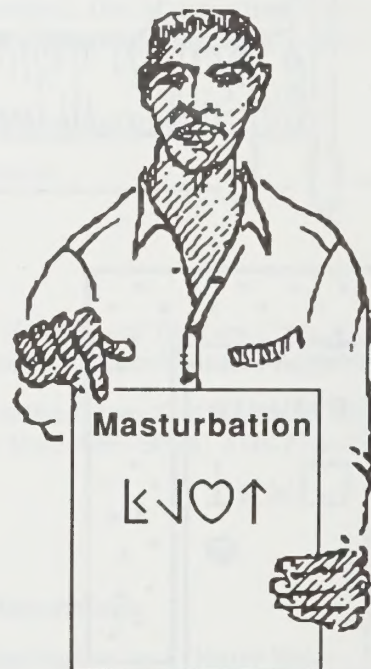
Some **people** believe that **masturbation** is bad or evil. This is their **opinion**. **Facts** and **opinions** are different. **Facts** are what we know to be true, **opinions** are what we believe to be true.

÷ 1^x ^ ⊥√♥↑ ⊕ ⊕^v!

Some people think masturbation is bad.

∠ ⊕ 1^x₃+ ⊕ , -! ⊕.

This is their opinion, not (a) fact.



Some **people** may say **masturbation** makes a **person** either **sick, blind, crazy, selfish** or **homosexual**. None of these things is true. If someone says these kinds of things to you, remember what you read in this book.

✂️ ↓ ♥ ↑ -! ▷ ~, ✂️, ∩ ∞, ⚡ < ♥ ∞.

Masturbation will not cause sickness, blindness, craziness, selfishness or homosexuality.



Masturbation

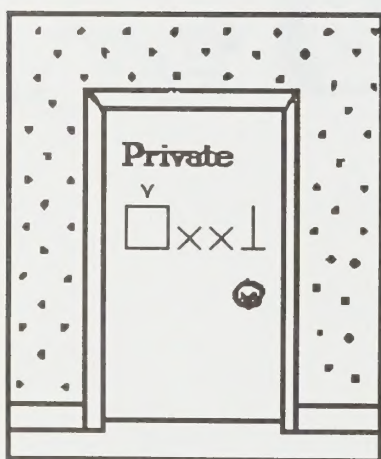
⌞↓♥↑

(genitals + to touch + pleasure)

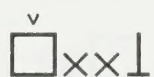
Masturbation means touching your **genitals** for **pleasure**. This is a **private sexual** act.

⌞↓♥↑ ⌞↓♥↑ ⌞↓♥↑ ⌞↓♥↑

Important - masturbation is private.

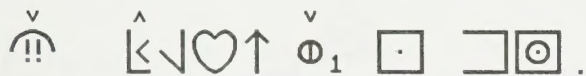


Private

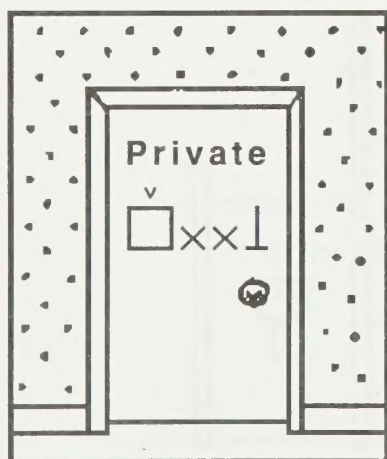


(to close + public + description indicator)

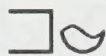
It is OK to **masturbate** alone in your bedroom.



Important - masturbate alone in (the) bedroom.

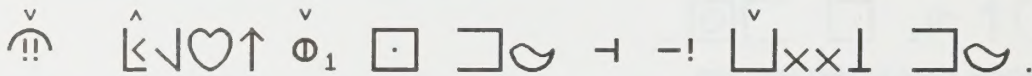


Bathroom

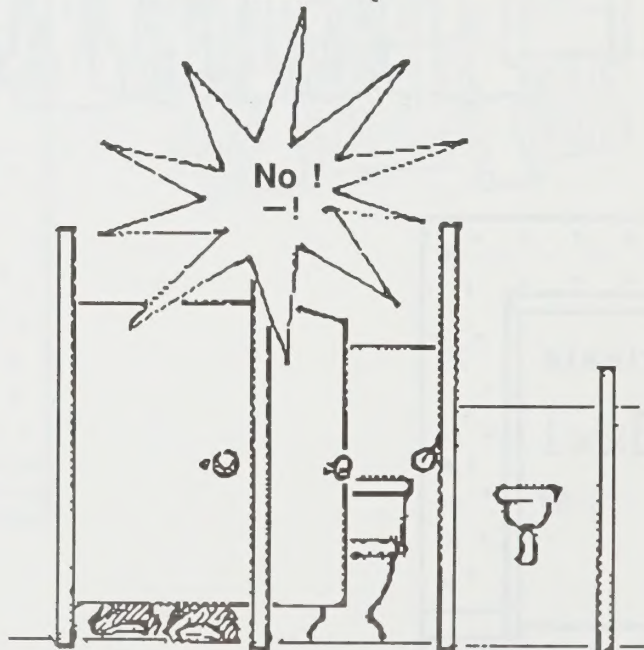
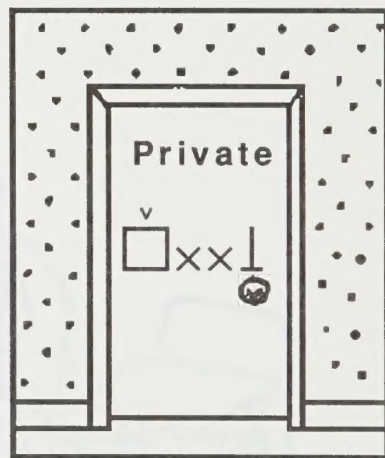
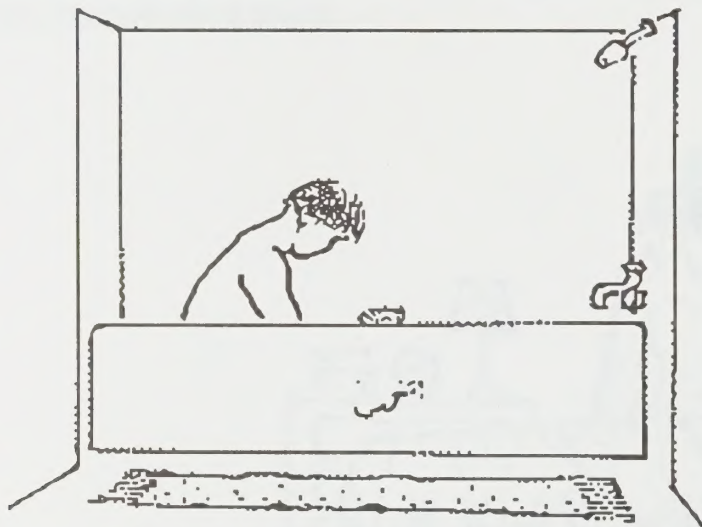


(room + to wash)

It is OK to **masturbate** in the **bathroom** if the door can be locked. **Bathrooms** that have stalls are **public** places even though you can lock the stall door. Do not masturbate in a **public bathroom**.



Important - masturbate alone in (the) bathroom but not (a) public washroom.



Privacy

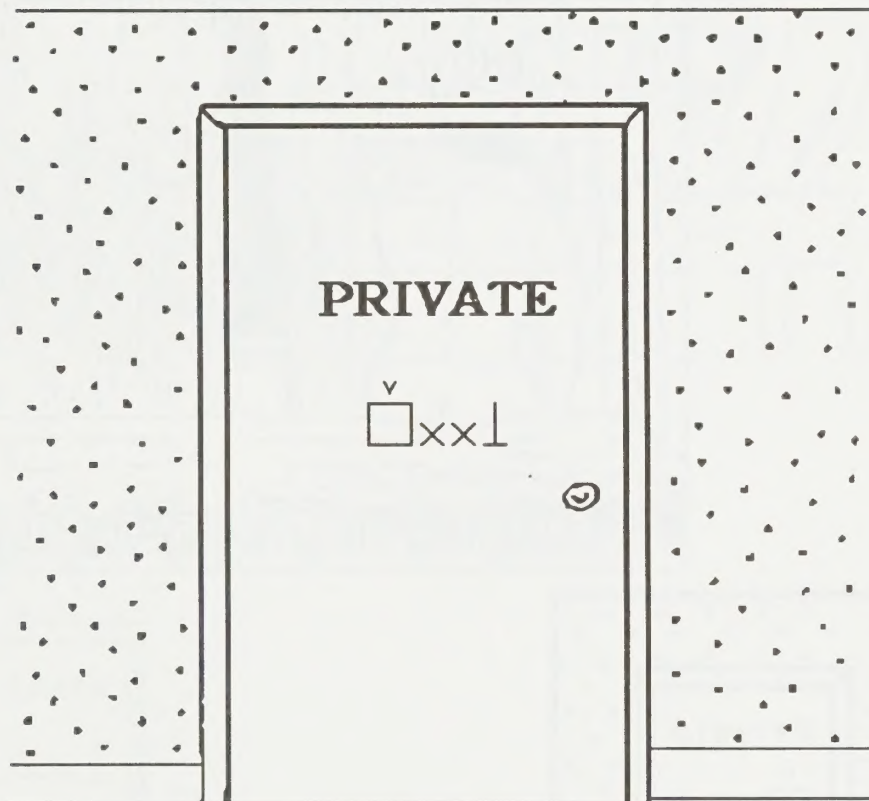
 $\square \times \times \perp$

(to close + public)

Be **careful** to ensure that you only **masturbate** in **private**. Remember **private** does not mean dirty or bad.

 $\square \times \times \perp \quad \overset{\wedge}{\Phi} \quad -! \quad \overset{\vee}{\hat{=}}!$

Privacy is not bad.



Masturbation

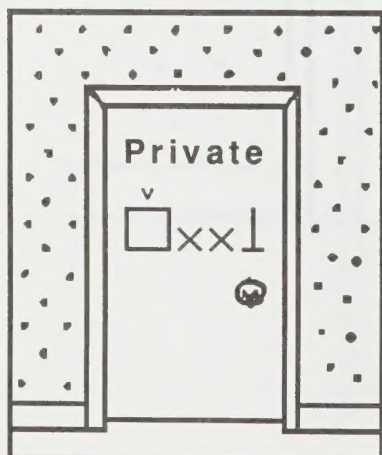
↳ √ ♥ ↑

(genitals + to touch + pleasure)

Men masturbate to give themselves **pleasure**. It's OK to spend time learning what makes your body **feel** good. Pick a time when there is quiet and you will be undisturbed.

⌈ ∩ ⌋ ↓ ∩ ↳ √ ♥ ↑ ⌈ ∩ ⌋ ∩ ⌈ ∩ ⌋

Important - learn to masturbate during (a) quiet time.



Ejaculation

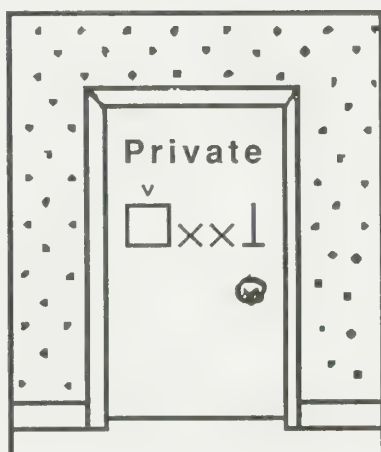


(erect penis + sperm + intensity)

A **man** may just **stroke** his **penis** so that it becomes **erect** and he **ejaculates**. This is what is usually called **masturbation**.



(A) man may stroke (his) penis to cause (an) erection and (an) ejaculation.



(To) Stroke

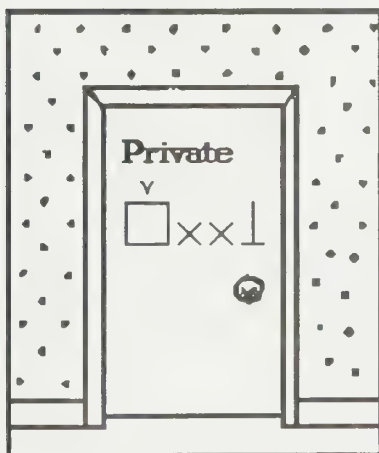
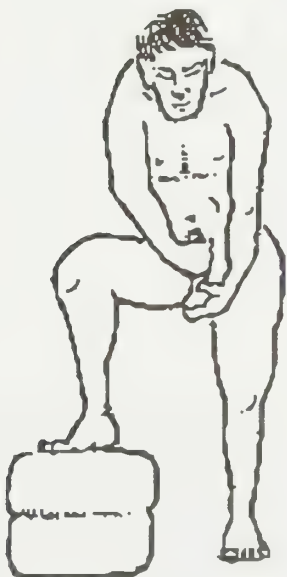


(hand + back and forth + action indicator)

Some **men** like to **stroke** their **testicles** and **scrotum** when they **masturbate**.



Some men may stroke (the) testicles and scrotum.



(To) Stroke

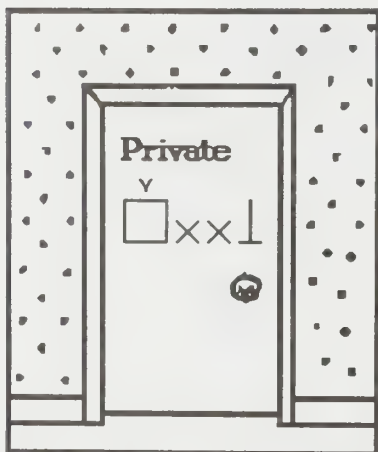


(hand + back and forth + action indicator)

Some **men** like to **stroke** the area between their **testicles** and **anus**.



Others may stroke (the) anus and between (the) testicles and anus.



(To) Stroke

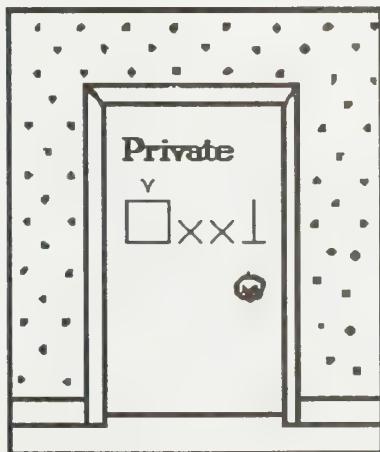


(hand + back and forth + action indicator)

Some like to touch their **nipples** or **stroke** their **chest hair**.



Others may stroke (the) nipples or chest hair.



Carefully



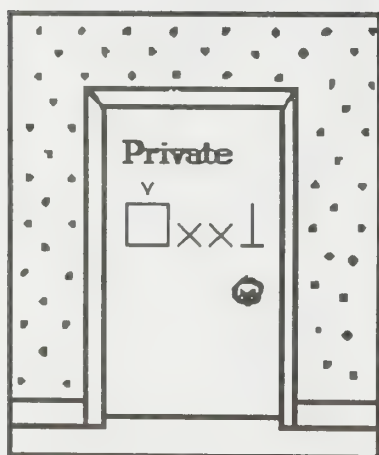
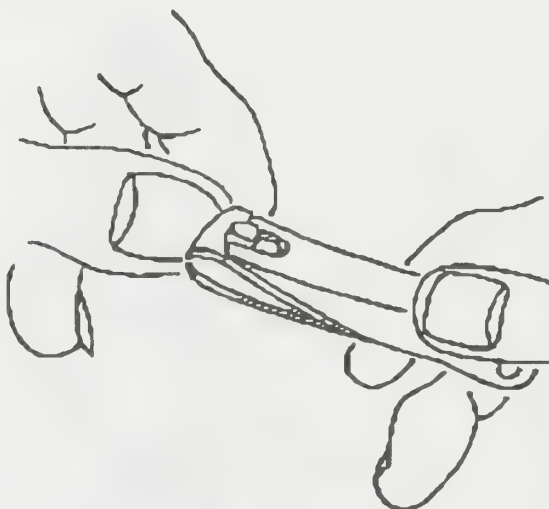
(combination of to observe *and* attention + description indicator)

It is **important** to touch the body gently or **carefully**. Avoid injury by keeping the **fingernails** trimmed.



Important - stroke carefully.

Important - trim fingernails.

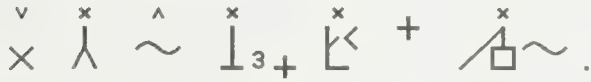


Personal Lubricant

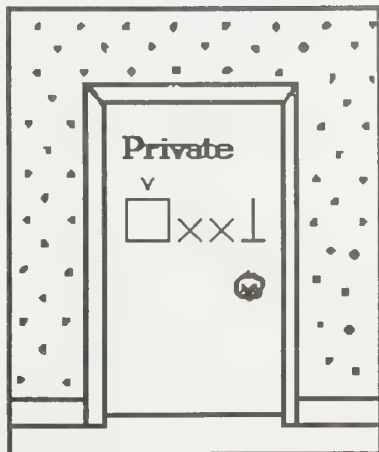


(chemical product + to moisten)

When stroking the **penis** it is **important** not to use too much force or the skin on the **penis** may be **hurt**. Many **men** use a **personal lubricant**.



Many men moisten their penises with personal lubricants.

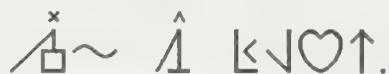


Personal Lubricants

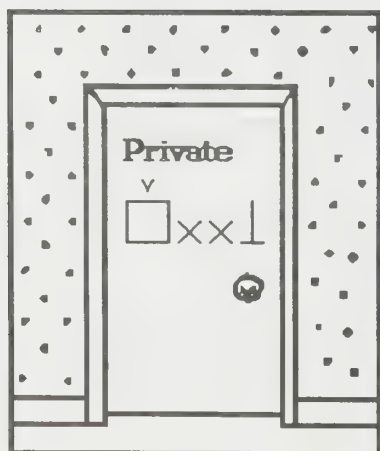


(lubricant + plural indicator)

Personal lubricants let the hand slide easily up and down, and over the head of the **penis**. This may **feel** a lot better than just rubbing.



Lubricants help masturbation.

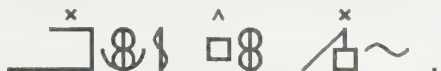


Personal Lubricants

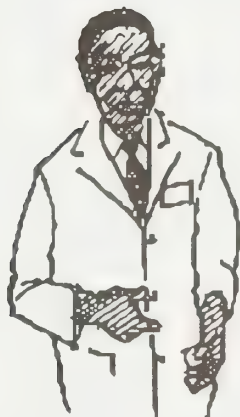


(lubricant + plural indicator)

There are many kinds of **lubricants** for sale. Try to find one that is water-soluble because it is easier to **clean up**.



Drugstores sell lubricants.



Spit

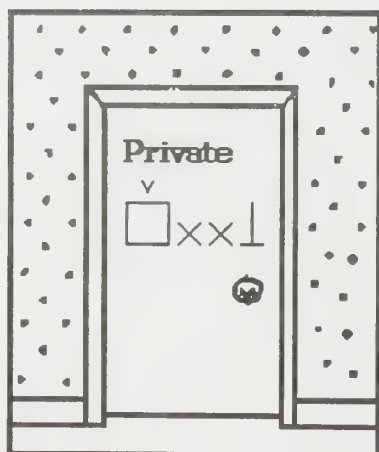
~O

(liquid + mouth)

If buying a **lubricant** is difficult, it is OK to use **saliva** or **spit**. **Spit** does not last as long as a **lubricant**, and it may be necessary to **stop** and moisten the hand often.

+ ~O, ~^ L< x⊙.

With spit, moisten the penis often.

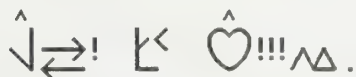


Sexually Arousing

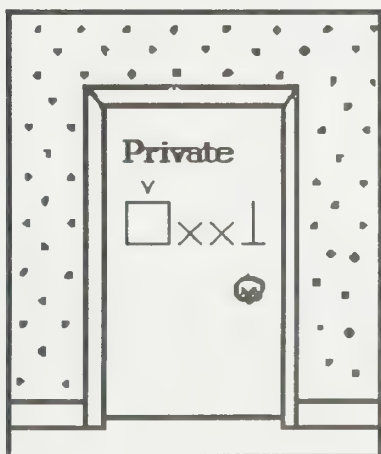


(sexual arousal + action indicator)

It feels good to **masturbate**. As a man's **penis** becomes **erect** and he becomes more **sexually excited**, he may rub it more quickly .



Rubbing (the) erect penis is sexually arousing .



(To) Ejaculate

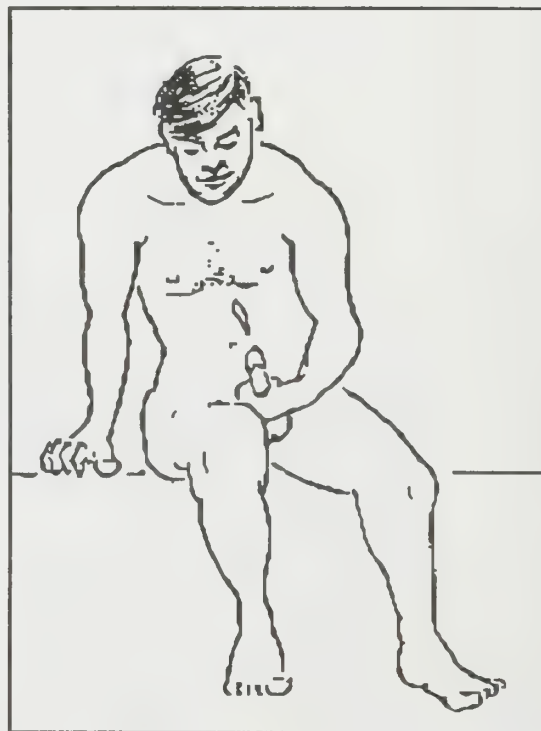
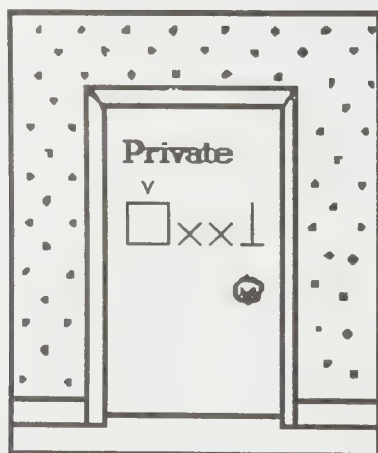
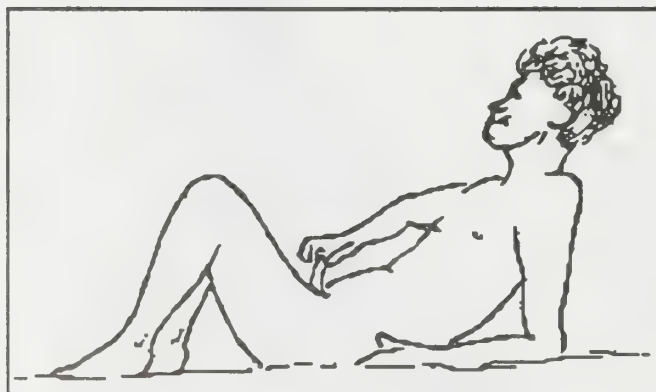


(ejaculation + action indicator)

During **masturbation** a **man** will **feel pleasure** throughout his whole body.
 Before **puberty** semen will not come out of the **penis** during **masturbation**.
 After **puberty** a **teenage boy** will **ejaculate**. This is normal.



After puberty (a) teenage boy ejaculates.



Pleasure

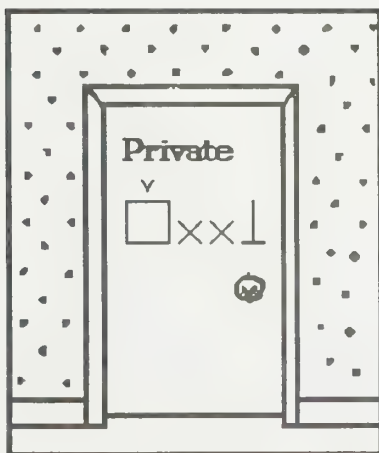


(feeling + up)

When approaching **orgasm** a **man** may breathe more quickly and **make noises** to show his **pleasure**.

→| ♥!!!< λ ∠o! + ô!! > ♥↑.

When approaching orgasm (a) man breathes faster and makes noises of pleasure.

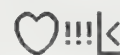


(To) Ejaculate



(ejaculation + action indicator)

Orgasm

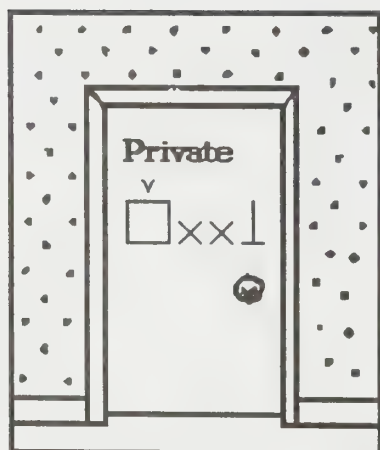


(excitement + genitals)

When a **man** has an **orgasm** he **ejaculates**. **Semen** shoots out of the **penis**, this is a natural body function. An **orgasm** is a very intense feeling of **pleasure** over the **man's** whole body.



(A) man ejaculates and feels intense pleasure during orgasm.



(To) End

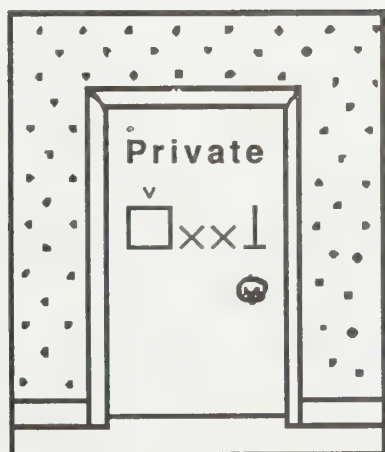


(end + action indicator)

Masturbation finishes with an **orgasm** and **ejaculation**.

⌞√♥↑ →[^] ++ ♥!!!⌞ + ⌞∞!

Masturbation ends with orgasm and ejaculation.



Sexual Pleasure



(pleasure + sexual)

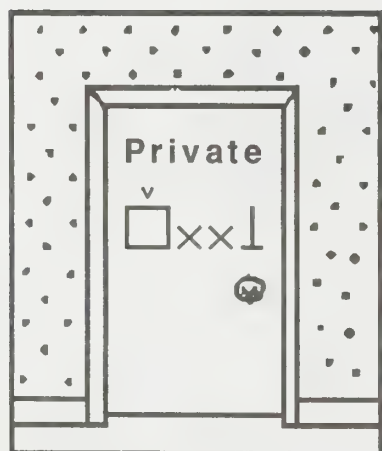
Some people may feel guilty after having an **orgasm** if they have been told that **masturbation** is **bad** or **wrong**. Remember that wanting to enjoy **sexual pleasure** is normal, and **masturbation** is one way to do this.

⊥ -! / ∠ ∠ ∠ -! > ⊥ ∠ ∠ ∠.

(A) person does not need to feel guilty about masturbation.

× ⊥ ∠ ∠ ∠ ∠ ∠ + × ⊥ ⊥ ∠ ∠ ∠ ∠ ∠.

Most people want to enjoy sexual pleasure and most people masturbate sometimes.



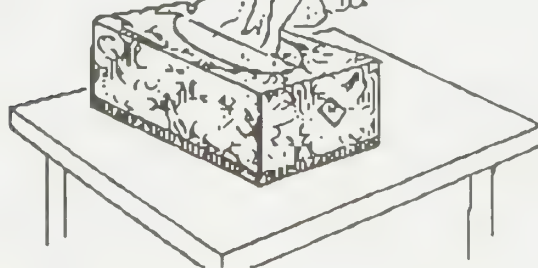
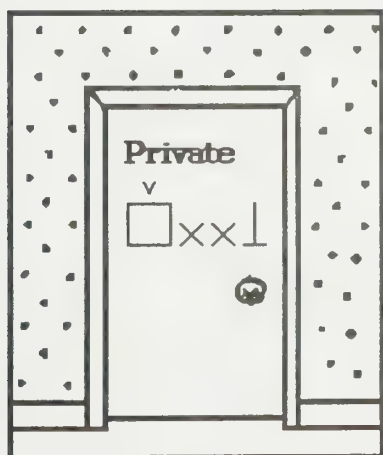
(To) Remove Semen



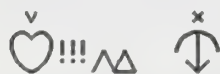
When a **man ejaculates**, it is **important** that he **clean up** or **remove** the **semen**. He can use a piece of toilet paper or tissue. He must remember to throw the paper out or flush it down the toilet.



Important - remove (the) semen with toilet paper.



Sexually Arousing Thoughts



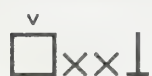
Masturbation is more than just touching oneself. It also involves thinking **sexually arousing thoughts**, which is called **sexual** fantasizing.



During masturbation (a) man may think sexually arousing thoughts also.

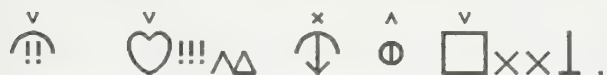


Private



(to close + public + description indicator)

It is OK to think **sexually arousing thoughts**, but it is **important** to keep these thoughts private.



Important - sexually arousing thoughts are private.

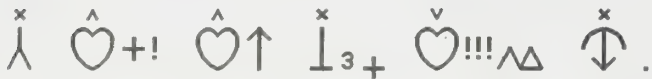


(To) Enjoy



(pleasure + action indicator)

Men should **enjoy** their **sexual** fantasies. Fantasies can help them to discover what is **sexually arousing** to them.



Men like to enjoy their sexually arousing thoughts.



Sexual Violence

 $\text{⌋!}\Delta$

(force + intensity + sexual)

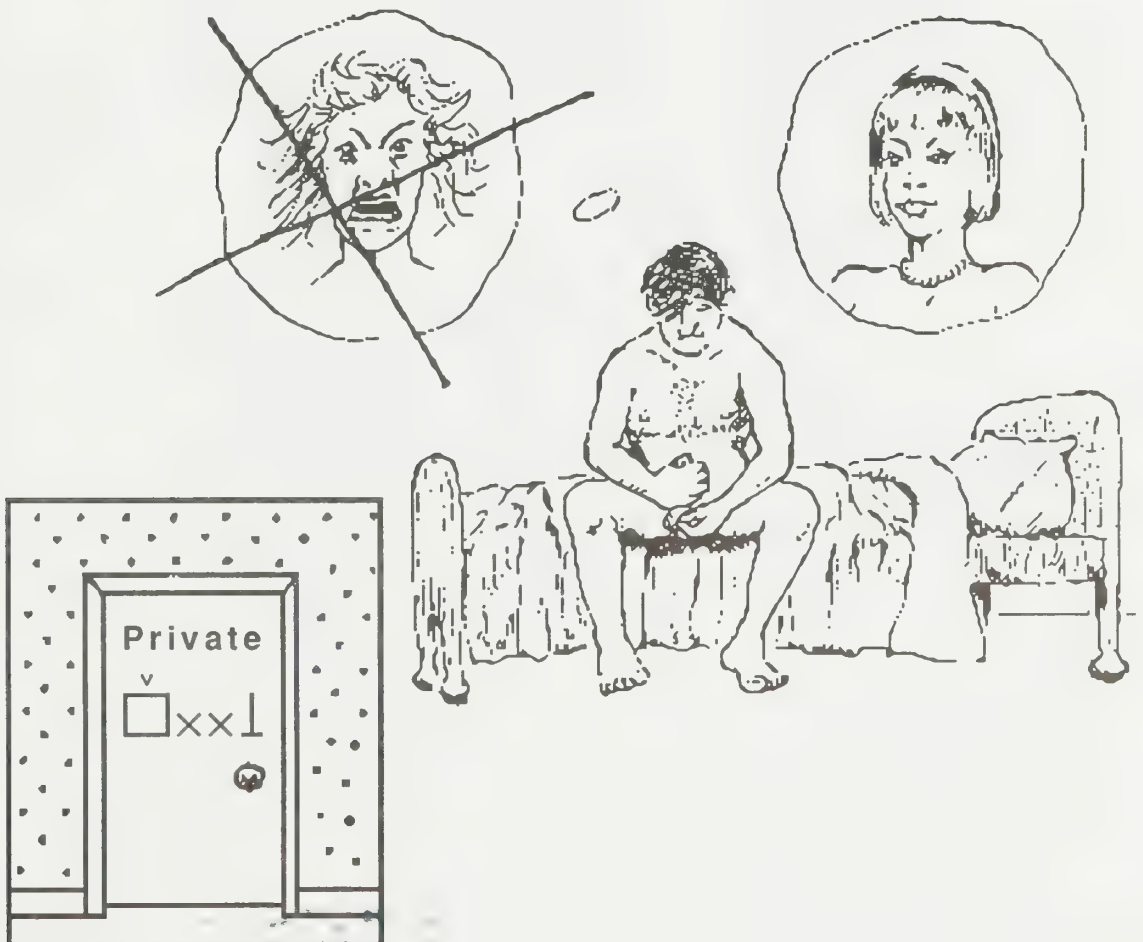
Think only about giving **pleasure** to other adults. Do not think about **hurting** other **people**.

 $\text{⌋!!} \quad \text{♥!!!}\Delta \quad \text{⌋}^{\times} > \text{⌋!}\Delta \quad \text{⊖}^{\wedge} \quad \text{⌋}^{\vee} \Delta$

Important - sexually arousing thoughts about sexual violence are dangerous.

 $-! \quad \text{⌋}^{\wedge} > \text{⌋}^{\wedge} \text{♥}\Delta \quad \text{⌋}^{\times}_2$

Do not think about hurting others.



With (the help of)

+

(addition [half-sized] with the crossbar located on the skyline)

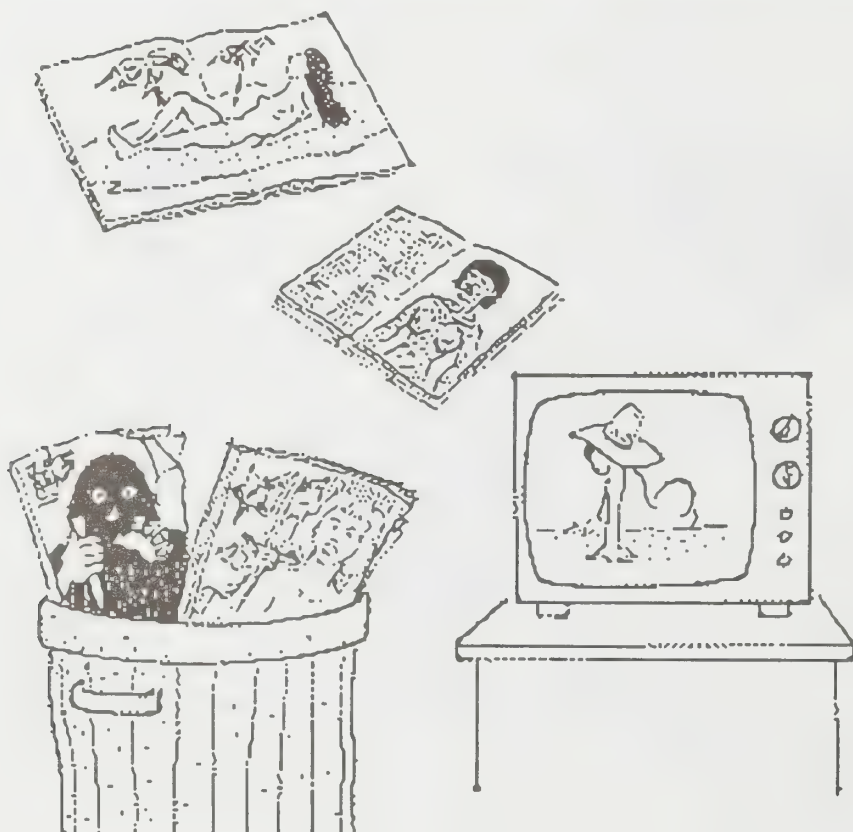
There are magazines, books and videos with **sexual** themes that are often used during **masturbation**. In some places they may be difficult to buy or it may be against the law to purchase them.

\div λ \hat{L} $\sqrt{\heartsuit}$ \uparrow $+$ $\square \times \odot$, \square , $+$ $\square \square$.

Some men masturbate with the help of magazines, books and videos.

$>$ \div λ \hat{L} $\square \times \odot$, \square , $+$ $\square \square$ ϕ \rightarrow $\hat{8}$ \square $<$ $-$ $\hat{\Delta}$ \square .

In some places sexual magazines, books and videos may be difficult to buy or illegal.



Sexual Violence

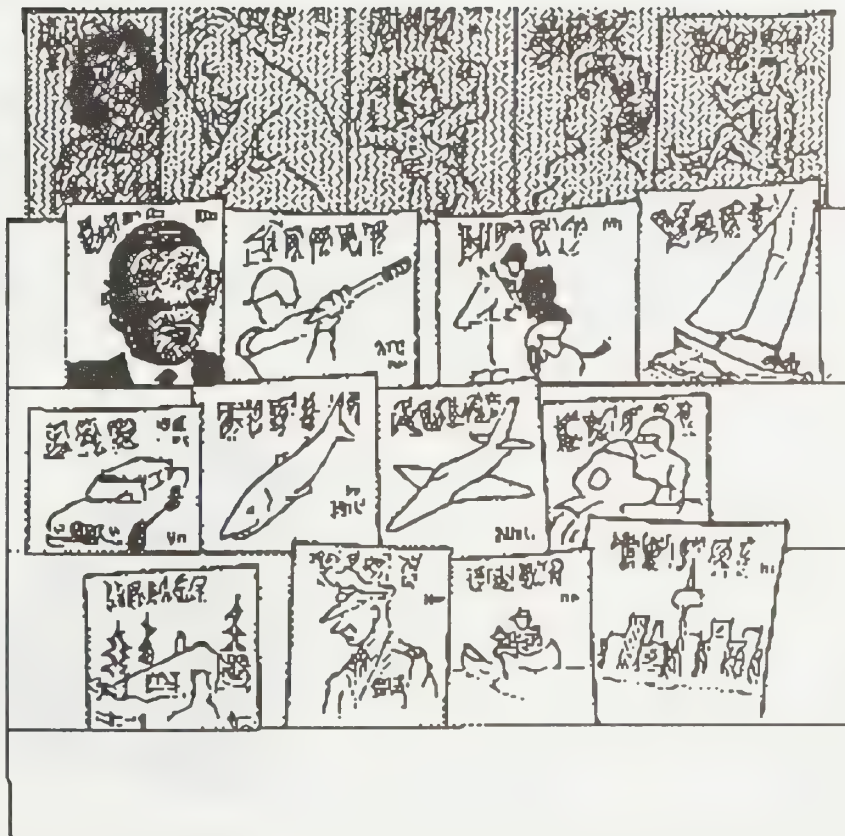


(assault + sexual)

It is **important** to be **careful** when choosing these to avoid any which involve **hurting** other **people**.



Important - do not buy anything showing sexual violence.



Wrong



(conscience + negative + description indicator)

Illegal

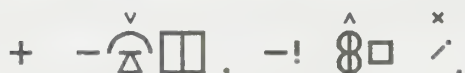


(without + law + description indicator)

Sexual materials which include **children** are morally **wrong** and **illegal**. Do not buy these.



Important - sexual magazines, books and videos showing children are morally wrong



and illegal, do not buy these.



Counsellor

$$\perp \odot \gg \perp$$

(person + suggestion + to help)

If you cannot **masturbate** without images of **children** or **violence**, it is **important** to talk to a **counsellor**.

$$\overset{\vee}{\cap} \quad \overset{\wedge}{\circ} \quad ++ \quad \perp \odot \gg \perp \quad ? \gg \quad \perp_2 \quad \overset{\wedge}{\cap} \quad \overset{\vee}{\heartsuit} !!! \Delta \quad \overset{\times}{\Downarrow}$$

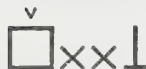
Important - talk to (a) counsellor if you think sexually arousing thoughts

$$> \overset{\times}{\cap} < \quad \cap ! \Delta.$$

about children or sexual violence.

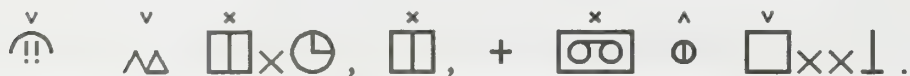


Private



(to close + public + description indicator)

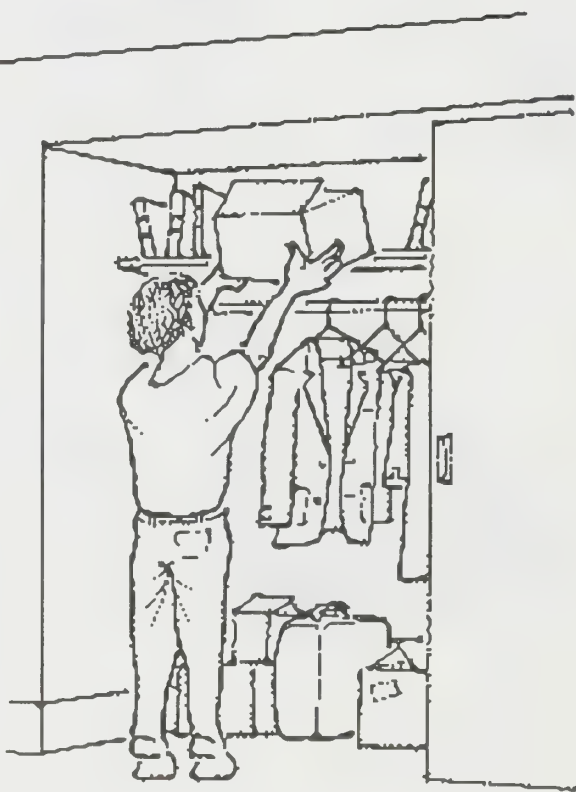
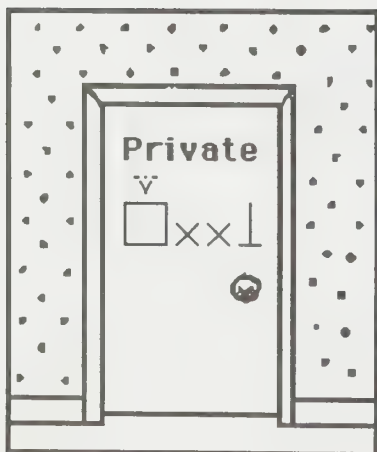
Sexual magazines, books and videos are **private** and need to be kept in **private** places. These are for adults, and they need to be kept in places where **children** can't get them. Some **people** do not **enjoy** looking at **sexual** materials. If you do, it is your right to have them, but keep them in **private** places like a drawer or a box in the closet.



Important - sexual magazines, books and videos are private.



Important - put sexual magazines, books and videos into (a) drawer or box.



Masturbation

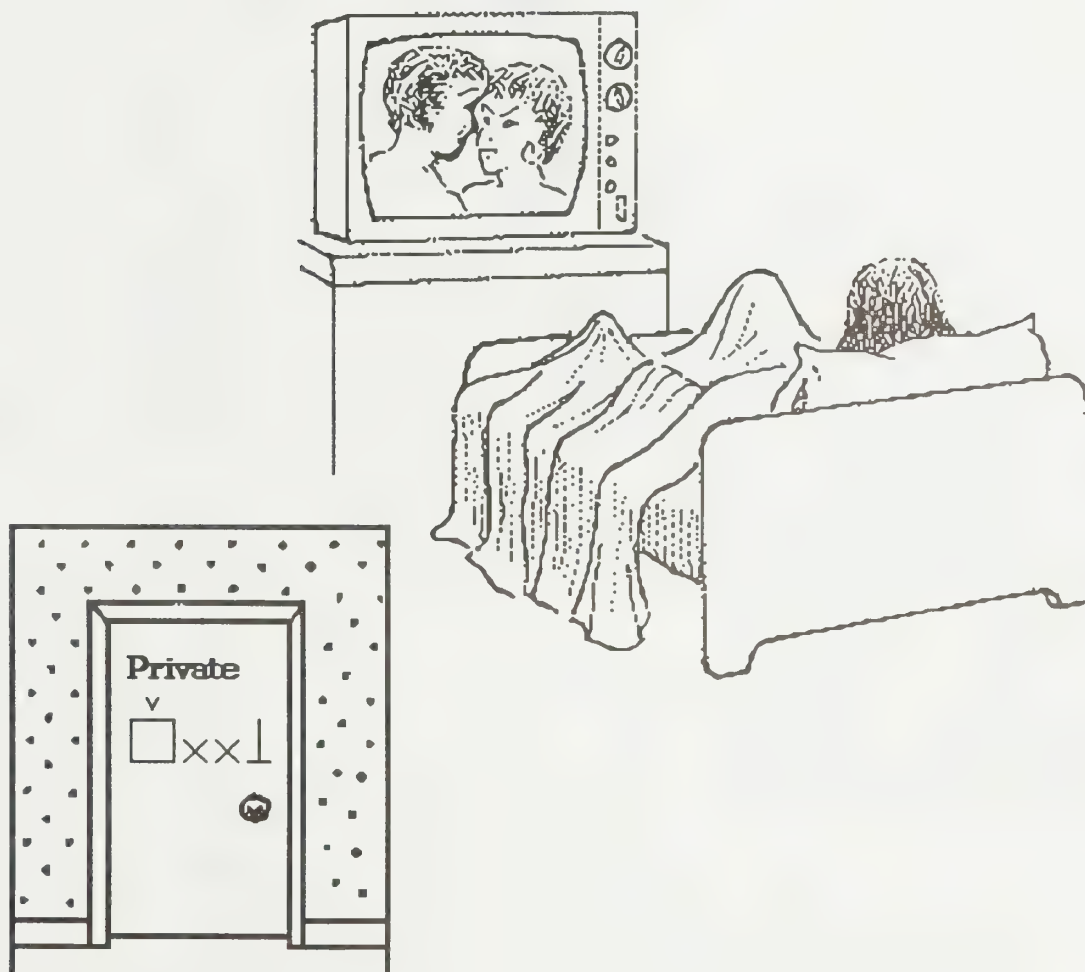
 $\text{L} \downarrow \text{H} \uparrow$

(genitals + to touch + pleasure)

Sexual fantasies are normal. Many **people** have them. **Masturbation** feels good, and it is a normal act which should take place in **private**. Many **men** and women **masturbate**.

 $\begin{matrix} \vee & \times & \wedge & \vee & \times & \wedge & \vee & \times & \wedge \\ \times & \perp & \curvearrowright & \heartsuit & \text{!!!} & \text{^^} & \updownarrow & \times & \perp & \text{L} \downarrow \text{H} \uparrow \end{matrix}$

Many people think sexually arousing thoughts. Many people masturbate.



(To) Decide

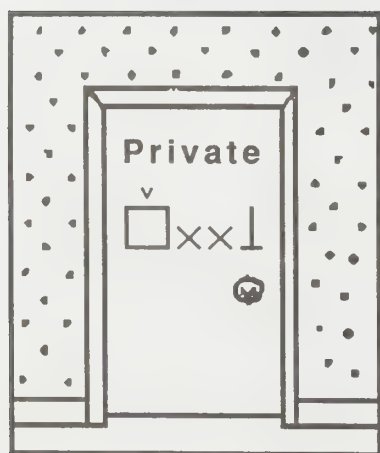


(mind + to arrive + action indicator)

Most, but not all, **men masturbate**. It is a choice and a **man** can **decide** for himself.

÷ λ^x -! ♥> Ê√♥↑. λ ·√ ◡ > λ₃.

Some men do not want to masturbate. (A) man can decide for himself.



Masturbation

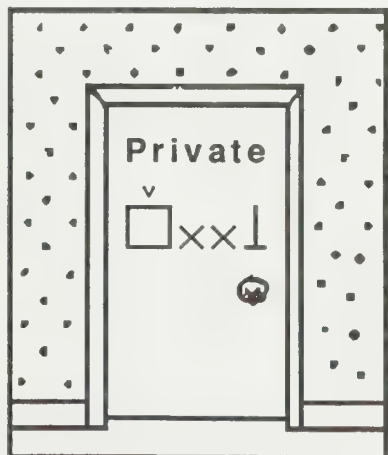
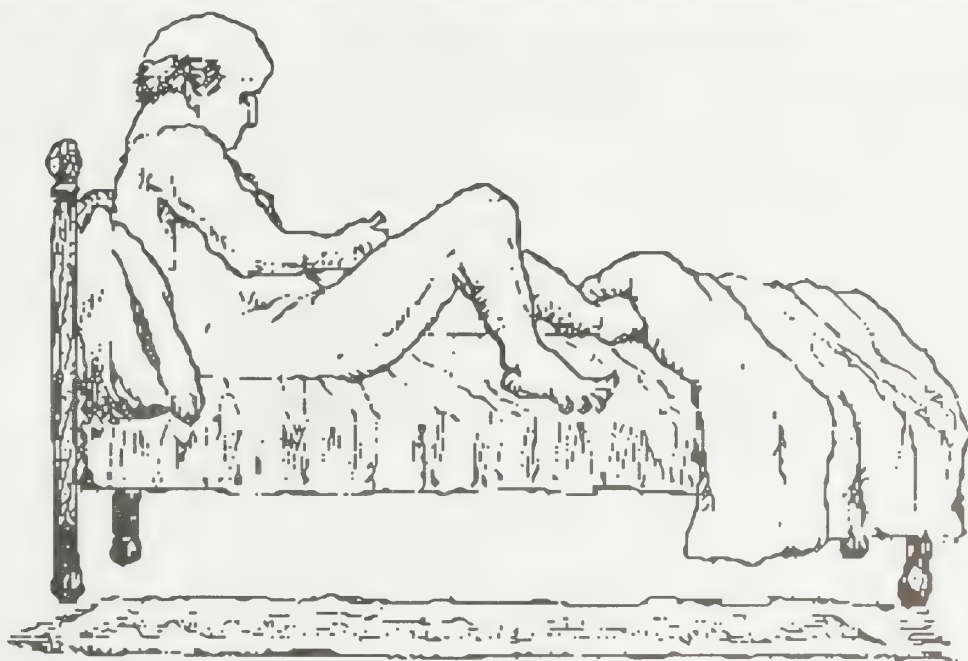
$$\llcorner \searrow \heartsuit \uparrow$$

(genitals + to touch + pleasure)

When a **male** does not choose or is not able to have a **sexual** relationship with another **person**, **masturbation** helps to relieve **sexual** tension. He cannot cause **pregnancy** or catch a **sexually transmitted disease** by **masturbating**. He cannot **hurt** himself if he is **careful** and gentle when touching himself.

„☹ 人 -! ♡} < -! √ ± ∆ ♡|| ++ |₂, $\llcorner \searrow \heartsuit \uparrow$ \hat{A} .

When (a) man does not want or is not able to have sexual intimacy with another (person), masturbation helps.



Questions



(question + plural indicator)

It is your right to know about your **body**. If you have **further questions** about **masturbation**, find someone to answer them. You may want to ask the **person** who gave you this book.

⚠ ♂ ⊥ □[?] ⊥₂+ □^x > ♡△.

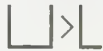













Choose (a) person to answer your questions about sexuality.



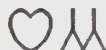
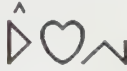






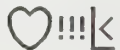




⊥₂ ♡} □[?] ⊥ „ ⊥ ⚓ ⊥₂ / □□.



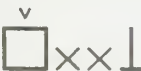












You may want to ask (the) person who gave you this book..







Glossary of Key Words and Blissymbols

anus		(opening + buttocks)	
bathroom		(room + to wash)	
blindness		(eye + to cross out unable to see)	
carefully		(combination of to observe <i>and</i> attention + description indicator)	
child		(combination of flower <i>and</i> little: CKB writes that a child is like a "little flower")	
clean up (to)	see remove (to)		
counsellor		(person + suggestion + to help: person who makes suggestions in order to help)	
decide (to)		(mind + to arrive + action indicator: to arrive at a rational position)	
ejaculation		(erect penis + sperm + intensity)	
ejaculate (to)		(ejaculation + action indicator)	
enjoy (to)		(pleasure + action indicator)	
erect penis	see erection		
erection	erect penis	(standing person with erect penis + pointer)	
fact		(mind + real: something that one thinks is real)	
feel (to)		(feeling + action indicator)	
feeling	sensation	(symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart; also used to represent sensation)	

finish (to)	stop (to)	(end + action indicator)	
genitals		(standing person + pointer, to genital area)	
homosexuality (male)		(sexuality [contraction] + man + man: intimate sexual relationship between men)	
hurt (to)		(to cause + pain + action indicator)	
important		(mind + two intensity symbols + description indicator: of intense interest)	
make noises (to)	shout (to)	(to say + two intensity symbols + action indicator: to say forcefully)	
male	see man		
man	male	(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	
masturbation		(genitals + to touch + pleasure)	
nipple(s)		(part of + breasts)	
opinion		(mind + mouth: expression of what one thinks)	
orgasm		(excitement + genitals)	
penis		(standing person + pictograph of penis + pointer)	
people		(person + plural indicator)	
person		(the symbol suggests a human being standing, with feet turned out)	
pleasure		(feeling + up: uplifted feeling)	

pregnancy		(conception + woman)	
privacy		(to close + public)	
private		(to close + public + description indicator)	
public		(open + public + description indicator)	
question		(question mark + open: the question is open-ended)	
remove (to)		(subtraction + action indicator)	
saliva	see spit		
scrotum		(protection + testicle)	
selfishness		(mind + self: thinking only about oneself)	
semen		(liquid + sperm)	
sexual		(sex + description indicator)	
sexual arousal		(excitement + sexual)	
sexual pleasure		(pleasure + sexual)	
sexual violence		(assault + sexual)	
sexuality		(feeling + sex)	
shout (to)	make noises (to)		
sickness		(pictograph of a person with knees drawn up in pain)	

spit	saliva	(liquid + mouth: liquid contained in the mouth)	~ o
stop (to)	see finish (to)		
stroke (to)		(hand + back and forth + action indicator)	
testicle		(container + sperm)	
thought		(mind + down: a thought issuing from the mind)	
with (the help of)		(addition [half-sized] with the crossbar located on the skyline)	+
wrong		(conscience + negative + description indicator: morally wrong or bad)	

Combined Symbol Glossary

∞

The following symbols would normally be enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted in this series of books for esthetic reasons and to save space.

chest hair		(hair + chest)	∞ ‐ ‐ ‐ (^) ∞
craziness		(mind + spiral)	∞ ~ ee ∞
drug store		(store + medicine [contraction])	∞ [8] ∞
fingernails		(finger + protection + plural indicator)	∞ x < ^ ∞
illegal		(without + law + description indicator)	∞ - (Δ) □ ∞
law		(to judge + book)	∞ (Δ) □ ∞
personal lubricant	lubricant	(chemical product + to moisten)	∞ / □ ~ ∞

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

4 Adolescence. Describes the changes of puberty and adolescence and their influence on sexuality. (31 pages)

5 Male Masturbation. Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

6 Female Masturbation. Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

7 Heterosexual Intercourse. Describes sexual intercourse including sexual responsibility and mutual pleasuring. (25 pages)

8 Human Reproduction. Describes reproduction from fertilization to birth. Includes premature birth, Caesarian section, miscarriage and abortion. (25 pages)

9 Birth Control. Describes birth control options and suggests additional sources of information on contraception. (33 pages)

10 Homosexuality. Defines homosexuality and distinguishes it from homosexual behaviour. Suggests community resources for more information. (33 pages)

11 Sexuality and Physical Disability. Validates all people as being sexual. Discusses ways to achieve a satisfying sexual life in the presence of a physical disability. Co-authored by Michael Barrett, Chairperson, SIECCAN. (33 pages)

12 Sexually Transmitted Disease. Describes common STDs. Discusses symptoms, treatment and prevention. (30 pages)

13 AIDS. Explains how Acquired Immune Deficiency Syndrome is transmitted and how it develops. Defines "safer sex". (27 pages)

14 Sexual Self Advocacy. Discusses the right to sexual expression. Suggests how people in residential settings might influence policies that guarantee that right. (25 pages)

15 Sexual Abuse. Defines abuse, exploitation, incest and molestation. Describes what may happen after abuse and disclosure. (43 pages)

16 Sexuality and Aging. Describes how sexuality and sexual expression may be affected by aging. (25 pages)

17 Teaching Manual. Outlines the philosophy and potential uses of the series. Explains the Blissymbols developed for the series. (18 pages)

**Ordering information from: SIECCAN, 850 Coxwell Avenue, East York, Ontario M4C 5R1
(416-466-5304; 416-778-0785 FAX)**

**Blissymbolics Communication International customers can order directly from BCI, 250
Ferrand Drive, Don Mills, Ontario, M3C 3P2. (416-421-8377; 416-696-1035 FAX)**

